

CLAIMS

1. Food composition based on a substance derived from milk, in the form of an oil-in-water emulsion, which is optionally overrun, characterized in that the fat content is less than 50% by weight and in that it comprises an effective amount of mono-, di- and/or triglyceride of one or more active isomers of conjugate linoleic acids (CLA MG, CLA DG and/or CLA TG).
2. Food composition according to Claim 1, characterized in that it comprises 1% to 15% and advantageously 1.5% to 13% of CLA MG, CLA DG or CLA TG or a mixture thereof.
3. Food composition according to either of Claims 1 and 2, characterized in that the active isomers of conjugated linoleic acids (CLAs) are chosen from the group consisting of 9,11-octadecanoic acid and 10,12-octadecanoic acid.
4. Food composition according to one of Claims 1 to 3, characterized in that the active isomers of conjugated linoleic acids (CLAs) comprise a mixture of 9,11-octadecanoic acid and 10,12-octadecanoic acid.
5. Composition according to one of Claims 1 to 4, characterized in that said active isomers of the conjugated linoleic acids (CLAs) are preferably chosen from the following isomers:
- 9-cis-11-trans-linoleic acid,
  - 10-trans-12-cis-linoleic acid.
6. Food composition according to one of Claims 1 to 5, characterized in that it comprises, as percentages by weight, 1.5% to 35% and advantageously 4% to 33% fat.
7. Food composition according to one of Claims 1 to 6, characterized in that it comprises one or more additives chosen from the group consisting of sugars, emulsifiers, flavorings and overrun stabilizers.
8. Food composition according to one of Claims 1 to 7, characterized in that it is fermented and is

chosen from the group consisting of yoghurts and crème fraîches.

9. Food composition according to one of Claims 1 to 8, characterized in that it has a water activity of between 0.9 and 0.99.

10. Food composition according to one of Claims 1 to 9, characterized in that it is formed from a yoghurt whose water activity is between 0.95 and 0.99, comprising, as percentages by weight:

10	- skimmed milk	70 to 80
	- dairy fat	1 to 10
	- active isomers of CLAs in MG, DG and/or TG form	1 to 5
	- sugars	1 to 6
15	- plant oil	0 to 2
	- other additives	5 to 20.

11. Food composition according to one of Claims 1 to 9, characterized in that it is formed from a crème fraîche whose water activity is between 0.95 and 0.99,

comprising, as percentages by weight:

20	- skimmed milk	40 to 60
	- dairy fat	5 to 35,
	- plant oil	0 to 10
	- active isomers of CLAs in MG, DG and/or TG form	5 to 13,

preferably about 10%.